

Journeys through EXPAND

Fall Programs—Registration Starts August 5, 2014



How to Register for classes.

1. Phone in at 303-413-7270 (credit card & course code required) or
2. Walk in at any one of our three recreation centers or
3. Call Cory at 303-413-7269 if you have any problems with registering.

Please note. If you cannot pay the full price for class, we do have a sliding fee scale.

Please call Cory at 303-413-7269 to inquire.

Watercolor—Monday

The beauty of working with watercolors lies in its spontaneous process and its transparent quality. Students will learn color in progression from light to dark and color blending, allowing the colors to spread, mix or blend. Instructions will focus on individual expressions and ability.

Sept 8—Oct 13 (6 classes)

Course Code: 219732

Oct 27—Dec 1 (6 classes)

Course Code: 219733

Fee: \$45 for each 6 wk session

Time: 1:30-3:30 p.m.

Location: North Boulder Recreation Center—Bison Room.

Tai Chi—New—Tues

Tai Chi has been called a meditation in motion, and develops the internal strength of the body while stretching muscles and relaxing the mind.

Sept 2—Oct 21 (8 classes)

Course Code: 219743

Fee: \$50

Time: 1:15-2:15 p.m.

Location: North Boulder Recreation Center—Bison

Therapeutic Yoga—Weds

This class will focus on gentle, safe yoga postures to balance the mind, muscles and physiology. It will be taught by a licensed physical therapist and Kripalu Yoga Instructor, Lori Batcheller

Sept 10—Oct 22 (7 classes)

Course Code: 219738

Nov 5—Dec 17 (7 classes)

Course Code: 219739

Fee: \$50 each 7 wk session

Time: 1:30-3 p.m.

Location: North Boulder Rec Center—Yoga Room

Stained Glass—Thursday

This class is held in a small studio in Jamestown. In order to complete a project, all classes must be attended. Transportation in a city vehicle is provided. Glass for an 18x18 project is included in price. Therefore, additional costs may occur.

Please note that your piece must be completed because Stained Glass will not be offered each season.

Sept 11—Nov 6 (9 classes)

Course Code: 219737

Fee: \$100

Time: 9-12:30 p.m.

Golf 4 Fun—Thursday

Learn the fundamentals of golf through 5 one hour lessons taught by a golf professional. Adaptive equipment will be provided if needed.

Aug 21—Sept 18 (5 classes)

Course Code: 219735

Fee: \$45

Time: 11-12 p.m.

Location: Flatirons Golf Course

Hula Hooping—Friday

Hula hooping will burn calories, increase hand-eye coordination and create new pathways in the brain. The benefits are endless. Taught by Brooke Null.

Sept 12 - Oct 17 (6 classes)

Course Code: 219740

Nov 7—Dec 12 (6 Classes)

Course Code: 219741

Fee: \$30 Each 6 wk session

Time: 1:30-2:30 p.m.

Location: North Boulder Rec Center - Bison Room.

Pottery—Friday

Students will learn basic glazing and be introduced to the firing process. Hand building techniques will also be taught.

Sept 12—Nov 7 (9 classes)

Course Code: 219734

Fee: \$85

Time: 2-4:30 p.m.

Location: 1010 Aurora, Boulder

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Wildlife Sanctuary in Keenesburg, CO

The Wild Life Sanctuary, specializes in rescuing carnivores that were born in captivity and were victims of human immoderation. A mile into the wild walkway gives visitors unprecedented access to over 290 lions, tigers, bears and wolves and other large carnivores roaming freely in their natural Habitat. Bring a lunch or money for lunch. Please note it is a one hour drive each way.

August 26 - Tuesday

Time: 9:00 - 1:00 p.m.

Fee: \$15

Course Code: 219744

Location: Meet at the East Boulder Community Center

Denver Botanical Gardens - Chihuly Exhibit

You don't want to miss this! You will experience beautiful glass displayed throughout the gardens, created by Dale Chihuly. Bring money for lunch or a sack lunch.

Nov 4 —Tuesday

Time: 9:00-2:00 p.m.

Fee: \$15

Course Code: 219736

Location: Meet at the East Boulder Community Center

Golf Play Day

This class is only for those who have taken the Golf 34 Fun program in the past or know how to play golf.

Oct 2 - Thursday

Time: 1 -3:30 p.m.

Fee: \$15

Course Code: 219742

Location: Flatirons Golf Course

Did you know EXPAND (EXciting Programs Adventures and New Dimensions) program offers individuals with disabilities scholarships for any program offered through the Boulder Parks and Recreation Brochure. Also, this money can be applied toward a punch pass to access the recreation centers.

Individuals with disabilities may also qualify for the City's Reduced Rate Program.

To inquire call Cory Lasher at 303-413-7269.

Please Note! All classes are on a first come, first serve basis and have size limits. Therefore, it is important to register early. If we do not get enough individuals to register for a class we will cancel the class and provide you a full refund. *We understand that not everyone can pay the full amount of a class. If this is your case, please call Cory at 303-413-7269 and ask how you can get an additional reduced rate. The most important thing to us is your participation. We will make sure it is affordable for you!*



The staff will call you prior to each class you register for to remind you of what to bring and what to expect.

It is highly recommended to attend all classes in order to either complete a project or to get the maximum benefit from the class. We hope to see you soon!